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NERVOUS VITALITY.

A BOOK FOR THE MALE SEX.

BY S. F. SALTER, M. D.,

Author of "Woman and her Diseases," "Multum in Parvo," and Editor of the "Eclectic Star."

ATLANTA, GA.

ECONOMICAL BOOK & JOB PRINTING HOUSE.

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INTRODUCTION.

IN PRESENTING the following pages to the Male Sex, I have had a two-fold object in view. First, a desire to benefit the rising generation—to warn the youth of our land of the EVIL—and teach them how to shun it; to prevent Disease and the degeneration of the Race, and to lead, as far as may be, the erring back into the path of VIRTUE, and admonish them to walk in it. My second object is, to benefit those who by the indulgence of evil habits have become the victims of Disease and a ready prey for charlatans and quacks whose only object is to fleece them out of their money, and often leave them worse in body and mind.

I am aware of the opposition, and of the prejudice, that I have to overcome, and the censure that I am sure to bring down upon my head, but all of these do not move me or turn me from the great object of my life, which is to prevent and relieve suffering.

Now, dear reader, after having given me a fair and impartial hearing, if you are favorably impressed with the truths presented, tell your friends, and aid me in the circulation of this pamphlet, and thus be the means of doing good to your fellow man.

THE AUTHOR.

NERVOUS VITALITY.

PRELIMINARY REMARKS.

ONE of the most important systems of the human frame is the nervous. Upon a healthy nervous system depend a healthy mind and body. Being the seat of intelligence, it extends its influence to every part of the body. The brain is a part of, in fact the great nerve center. To the brain belong the intellectual faculties; to the spinal nerve the vital powers reflected to the muscular system. Under ordinary healthy conditions the two seem to exercise a mixed influence on all parts of the body. For example, distressing intelligence often causes the stomach to reject its contents, or refuse to receive more.—Alarming news, fear, &c., cause the heart to flutter and palpitate, and in some persons cause the bladder and intestines to evacuate their contents. On the contrary, a proper degree of corporeal exertion strengthens the muscular functions, while an excess will debilitate.

That the several nervous influences are seated in the central part of the nervous system, there can be no doubt; for instance, if by accident the circulation of a nerve or the continuation is cut off from one limb, animal life and the intellectual operations go on uninterrupted in the other part of the body. In some animals the brain may be severed from the spinal nerve at a certain point and life still remain, but if the spinal nerve be penetrated or divided death is the result, thus showing the brain the seat of intelligence, and the spinal nerve the seat of life.

The following are some of the many physical functions over which the nervous system presides :

DIGESTION, the whole process.

I. Mastication ;

II. In Swallowing ;

III. In Digesting, and the Absorption of Chyle, and finally,

IV. The passage of the effete matter out of the body.

The existence of this influence is proved from the fact, that separating the par vagum nerve destroys the powers of digestion. Respiration, the mechanical act by which the thorax is enlarged to admit of the introduction of air, depend upon the phrenic and intercostal nerves. If these nerves be divided, or a ligature applied to them, the changes in the blood produced by respiration cease, and the animal dies.

Secretion, absorption, exhalation, and animal heat all are dependent upon the integrity of the nervous system. The action of the heart, sensation and voluntary motion, are dependant upon the same influence.

This much I have written to convey some idea (to the general reader) of the important influence exercised over the body by the nervous system, and the great necessity of establishing and maintaining a healthy condition of this vital principle.

When the nerve force is lowered all the functions of the system are affected in proportion. It is to the influence over secretions, especially of the seminal secretion, that I propose to direct the attention of the reader. No secretion of the system requires so much nerve force in the formation as this—one oz. requiring more power than forty ounces of blood ; or, in other words, the loss of one ounce of the fluid is equal to the loss of forty ounces of blood. Need we wonder, then, that excesses have such terrible influence both on the nervous and muscular system. Of these excesses I will speak under their appropriate heads.

The brain is that part of the nervous system that supplies the reasoning powers. We often hear the expression "a bad heart, change of heart," &c., when the heart really has no emotional power, only as moved by the brain. So, it would sound better to say a bad brain, &c. Every thought, every action, originates in the brain. Our muscles, with the exception of the heart, are but servants of the brain. Extra excitement, anger, &c., cause the blood to flow to and stimulate the brain; thus, men commit deeds under the impulse of the moment, that they would shrink from with horror in a more calm and rational state. So, also, do alcoholic stimulants influence the brain. Conscience is the better part of our reasoning faculties—a regret for a wrong done or an argument against what we know is wrong and yet intend doing. We may drive this monitor of prudence and well-doing away until we shut out the better part of our self, and our brain becomes the abode of vice and sensuality. Passions predominate in individuals, but may be suppressed by education until partially under control. Yet in a healthy person some passions often get the better of their judgment. We are commanded to shun even the appearance of evil, because we are not always proof against temptation. In this way alone are our passions controlled at all, by shutting out every influence calculated to arouse them.

NERVOUS VITALITY.

ONANISM; or Masturbation.

This is the artificial indulgence of the sexual passion by friction of the penis and scrotum with the hand.

As to how the practice arises, we are often at a loss to determine, but I am inclined to the opinion that sexually disposed children often invent it for themselves. Children are often entrusted to nurses who are not always selected because of their moral character; especially is this true in the South, where scarce any but colored nurses are employed. I have often noticed nurses carrying the child with their hands under the clothing, and no doubt in this way, by frequent handling, there is a premature development of the sexual propensity. Boys often learn it from companions who have acquired the habit.

The first case we have on record is that of Onan—Gen. xxxviii chap., 9 and 10 verses. From this I derive the appellation of Onanism. God slew Onan for this crime, and the curse then pronounced follows its victims to the present day. The vice is treated of under the name of Onanism, Masturbation, Self-Pollution, Solitary Vice, &c.; but the means are usually the same; and the practice, unfortunately for the human family, is indulged by thousands—male and female. The semen can not be emitted

from either sex except by the artificial friction of the procreative organs, a concentration of the mind upon amatory subjects, as is often the case in dreams, or by animal magnetic heat, through the connection of the sexes.

Sexual intercourse is a species of magnetism, and produces an electric emission. When the semen with the animal electricity is thrown off, the passions of the genitals are appeased, the male organ loses its electricity, and the passion subsides—just as the feathers of a quill, charged with electricity stands erect, and falls down when the current is withdrawn from the stem.

God has wisely ordained a way for the propagation of the species by sexual cohabitation, and nothing but sexual intercourse in the good old way, should be productive of offspring; and the emission of the secretion for the propagation of the race by any other means than the natural way, should be punished with ill-health, unhappiness, and short life. Circumcision, in my opinion, was established not only as a token of the covenant, but to prevent the unnatural indulgence of the sexual passion—as with the excision of the foreskin, the friction is attended with pain. From this fact early marriages was the rule in the Jewish tribes, and to this may be attributed the rapid increase of the Israelites.

Masturbation detracts from the enjoyment of the nuptial rites, and tends to lessen the love for the opposite sex in the holy office of wedlock. Circumcision was conducive to health and healthy offspring, and well calculated to perpetuate a race of people sound in body and mind. Even to the present day, the Jews as a race, are remarkably stout and healthy, and rarely become inmates of lunatic asylums, and are comparatively free from sexual diseases. Thus were they indeed an honor to God, being in his own image—sound of mind and body.

God knew, and so do masturbating men and girls, that the desire for marriage is greatly lessened even to utter abhorrence, by the practice of masturbation. Not so with males or females unpolluted by this vice. The sexes are to each other as magnets, whose greatest happiness is comparative misery, until joined in sexual love. A woman can never be satisfied with a man who has no electric semen pass to electrify her. Nor can a man be satisfied either by masturbation or with the other sex, unless he has an electric emission of the semen.

The sexual passion is holy; it was ordained and established by God for the happiness of man and perpetuation of the species created in His image. It is a rich blessing, a noble gift of power to man to propagate the image of himself and his maker, bestowed by the wise Creator and Father of all; and while God has instituted the natural means of its rational gratification by creating an equality of numbers of male and female, it should not be abused by either sex, either by artificially procured emissions or by futile attempts to utterly suppress its workings. To marry, multiply and replenish the earth, was the command of God—and how, but by the rightful gratification of the sexual appetite can this command be obeyed?

A great cause of self abuse lies in the delaying of marriage. The doctrine that the sexual passion, heating, raging and exacting as it often is, can be suppressed and kept under by education, is false and pernicious, unless that education is to furnish the desire only through the medium of marriage.

Amativeness may be kept under by turning the mind entirely from that subject, but if not gratified in the right and natural way, it will in nine out of ten individuals find vent through the channel of self-pollution, unless the indi-

vidual has been educated to know its evil effects and resist them. I am and ever have been an advocate of early marriage, and if a proper selection of partners is made, this is the surest road to happiness on earth.

To put off marriage, and then attempt to control amativeness in either man or woman, from the age of 15 to 25, through ten years of life, when the genital organs are more active and more easily excited than at any other time, while love is pure and sensibility strong, while the mind is inexperienced and prostitutes and self-pollution open doors for the raging of passion to escape through, is worse than folly. Tell the hurricane to suppress its wrath before its fury is appeased; say to the thunderbolt to cease while the cloud is yet filled with electricity ; tell hunger to be quenched without food and thirst without water. As well expect these to obey you as that the passion of amativeness will be silent while unappeased and constantly provoked to activity.

God instructed that the lightning should be attracted by some magnet. Why not seek to punish it when the tree is blasted by its touch ? He intended that the hungry man should partake of food—why not punish him for eating when he has been starving ? If not so then, why, when God has created in man and woman a desire for each other, be surprised, where marriage is delayed, there are rapes, prostitution, stolen intercourse by the young and masturbation. In the lightning seeking its magnet, in the hungry man desiring food, and the thirsty water, we see a beautiful illustration of the law of nature. Each principle in nature seeks its own magnet. In the amative passion seeking gratification in sexual intercourse, we behold an illustration of the law, and were not obstacles to this presented, prostitution and masturbation would be annihilated.

These monster evils have their foundation in the obstacles which the customs of society lay in the way of the natural and right gratification of amativeness through the divine institution of marriage. I appeal to the candor and good sense of all, and ask if the passions of men and women, created by God, are raging to madness, whether it would not be wise and well that marriage, at an early age, should be inculcated and practiced.

The evils of masturbation are manifold to both sexes. Its practice exhausts the activity of the body, enfeebles the whole system, deteriorates the powers of the genital organs, impairs the digestion and circulation, deranges the brain and nervous system, engenders in the mind depravities of various kinds, prevents offspring in some cases, and makes them feeble and infirm in others; it lessens the woman in the estimation of the man, and the man in the estimation of the woman. It is death morally and physically. The practice of masturbation is clung to with tenacity by many because of the evanescent and fleeting animal pleasure derived therefrom. These should not forget the truthfulness of the sentence, "There is a couch which invites the repose, *but to slumber upon it is death.*

The misguided victim of his own folly may experience in the act of masturbation a sensation of gratification entirely and solely animal, and may for this transitory pleasure continue the practice, but I warn him now that his road of pleasure is the road of insanity, disease and death; and if he flee not the enticing path, the vengeance of retribution will be upon his head.

Masturbation as a cause of insanity, deserves special attention. Nearly one-seventh of all the cases of insanity come from this cause. The fact may seem startling, but is nevertheless true. The practice is often freely confess-

ed, and vigorously resisted. In the male the habit is easily detected by the appearance. In the female it is not so easily detected. The shy, timid, down-cast countenance, combined with a debilitated appearance, relaxed tissues, full veins, &c., arouse suspicion of masturbation. In some females the effect is the development of the cellular and adipose tissues, a gay and voluptuous manner ; in others, debility and emaciation.

It is often the case that parents or friends do not suspect the habit of masturbation to exist, and attribute the debility or insanity to some other cause. Frequently it is believed that religious anxiety has produced insanity, when the cause was self-pollution ; because the first evidence of derangement noticed was an extraordinary anxiety about salvation, inordinate fear of future punishment, much reading of the bible, relating "experiences," and going to great lengths in religious meetings, and such like acts.

Careful watching of such individuals will almost invariably prove them to have been masturbators for years, and this was the cause of the development of "religious anxiety." The system and the mind or brain being debilitated by self-pollution, they are unable to bear up under any excitement ; and being conscious of sin in the act of masturbation, their thoughts are turned to religion, and reason gives way under the excitement. Hence it is not religious excitement, but masturbation, that causes insanity. In the same state, any other excitement will develop in mental derangement.

Commit no sin against your own bodies. Encourage pure, refined love ; marry the idol of your heart; love and respect each other ; and health, happiness and good old age will be your reward on earth, and your children will rise up and call you blessed.

I have in the preceding lines endeavored to explain masturbation, its cause, its prevention, and the evil effects arising from it as a whole. I now beg to call the reader's attention to the diseases or derangements that result from its practice, and shall give them only as daily presented to me in my practice. This is a growing evil. Silence and false modesty can never overcome it; therefore the sooner we make known to our boys, especially, the evil effects, the sooner we shall nip it in the bud, and turn them to the path of morality and virtue through the heaven-appointed and sanctioned institution of marriage. None of the following symptoms are overdrawn, but as before remarked, are but repetition of effects noted in my practice—no fancy sketches, but pictures true to life.

SPERMATORRHEA.

This may be divided into several stages or forms, viz: Nocturnal Emissions, Involuntary Seminal Emissions, Seminal Weakness. Nocturnal Emissions are the escape of the semen during dreams. This may be of an amative or voluptuous nature, and the discharge of the fluid result as a crowning act of the dream, and the patient awakes to find the emission has taken place, and himself weak and exhausted. One dream and emission cost the system more than half a dozen emissions in the natural way.

In nearly every case where self-abuse has been practiced to any extent, the brain becomes afflicted with a morbid passion, the sexual organs become easily excitable, the powers of the entire body become weak; and hence in this state lascivious dreams lead to emissions of the semen. Nocturnal emissions may occur in those who have never practiced the habit, but not unless the mind during the

waking hours has been occupied with amatory thoughts. These emissions may come once in a month, or less frequent, at first, but if the habit is continued they increase to once a week, and then give way to almost constant discharge.

Persons who are perfectly continent, and have never practiced self-abuse, are subject to voluptuous dreams. This is not confined to either sex. They go through all the excitement of sexual connection, and experience the final effects—emissions. This in perfect health, independent of excesses or self-abuse, is a sort of safety-valve, and does the patient no great harm, especially those who live well and do not labor. All that is necessary to cure this class, is to give them mental employment, plenty of exercise, and occasional salt-water bath, and avoid all sexual thoughts. I refer of course to those who have these emissions at long intervals, but when it is of almost nightly occurrence, it demands our best treatment.

The dreams may be controlled in most cases by avoiding all excitements of the sexual organs, turning the mind from the subject, and concentrating it upon something of an opposite nature. We are the same sleeping or awake, and our dreams are but an index of our thoughts when awake, and as a natural result, if your thoughts are pure when awake, they will rarely be impure when sleeping.

Nocturnal emissions, as before remarked, are debilitating and extremely injurious, except as stated. They are but the beginning of a more serious complication in the masturbator, and should warn him of the evil in store for him if he persists in the practice. No time should be lost in procuring proper treatment at this stage; if not, it soon assumes alarming proportions, and results in involuntary seminal emissions. These take place at any hour or time

sleeping or awake. The effects of this are more horrible than nocturnal emissions. Consumption often results from a weak condition of the nervous system ; insanity, or a total loss of all sexual feeling—one of the three are almost certain to follow, and often we have all combined in one individual ; but should he escape with his life and abandon the habit, impotency or sterility is the result, or a feeble, imbecile offspring. At this stage of the case, there is almost constant dribbling of the semen—the slightest excitement, the touch of a woman's hand, the exposure of her neck, a wanton glance, an amorous thought, a lascivious painting, a voluptuous description—will produce an involuntary loss of semen. Cohabitation is out of the question—the patient could not control his emissions sufficiently long to make the slightest penetration, and in the way the semen passes from him he experiences no pleasure, but still frequently practices masturbation to gratify an insane desire. The mind becomes enfeebled, the memory impaired, the flesh leaves the bones, the eyes wander in vacancy, inclination for conversation and society is lost. The semen passes constantly at stool in the urine, and without the slighest erection, all pleasure having long since departed. The genital organs often get inflamed and irritable—he could not have connection if he would—the sight of a female is disagreeable to him ; but the miserable wreck of a man will practice masturbation in his sleep, unless his hands are tied to prevent the manipulation.

At this stage, the mind becomes completely absorbed with the idea of his wretched and loathsome condition, haunted with the distressing thought that every one knows his condition and despises and loathes him. Beset by a thousand demons, from whom he cannot escape, he thinks of suicide—troubled with bodily pains and mental agony,

his sight becomes dim, his mind confused, ringing sounds in his head, his constitution gives way, and he is landed in a consumptive's grave, or chained in the cell of a mad house.

The confessions of the miserable victims of masturbation and involuntary seminal emissions inform me of all this and more. Should I publish the testimony as I have received it, word for word, even at death's door, you would be astonished at the sad havoc this demon is making not only among men but among women, for both sexes, or members of both sexes, are alike guilty of this unpardonable sin, that leads to death through involuntary seminal emissions.

I visited on one occasion a lunatic asylum, and noted the effects in certain cases that were known to have been carried there for this cause. I noted one poor wretch, a mere skeleton, from whose genitals the seminal fluid was constantly dribbling. With his hands pinioned to prevent the touch, he with what remaining strength he possessed, was constantly rubbing against any thing that would produce the slightest friction. Another one, educated and graduated as a physician, yet a victim from his earliest years, had defied all efforts to prevent the habit, and would manage to give vent to this consuming passion.

But why multiply this list of horrors so appalling—so like unto fiction, but yet a reality? Reader, if you are a victim of this demon, pause ere it is too late—seek means to eradicate the effects from your system, and live in future as becometh one seeking health and happiness here, and immortality hereafter.

DISEASES PRODUCED BY MASTURBATION.

CONSUMPTION,

Is the result of masturbation and sexual excesses, in thousands of cases ; being essentially a disease engendered by a low state of nervous vitality, by which the blood is impoverished and divested of the red principle. Tubercles are deposited in the lungs because of this depression and want of power to take up and supply nutriment to the blood and nervous system. Tubercles are never formed where the blood and nervous system are in a healthy condition. This can not be the case where masturbators keep up a continual drain upon this vital principle. Consumptive masturbators soon occupy their last heritage on earth —the grave, and are often mourned as the victims of cold, over-work, &c., when they are in fact self-murderers.

CANCER.

That Cancer is often the result of masturbation, there can be no doubt. I have in an extensive practice and treatment of this disease met with several well authenticated cases produced from this practice. These were cases of cancer on the penis, produced by friction of the parts, keeping up a constant irritation, and at same time the blood, impoverished by the drain upon the system, was more subject to those infiltrations or cell growths. This is also effected through the nervous system.

EPILEPTIC FITS.

I am free to say nine out of every ten cases of epilepsy

have their origin in masturbation. I have made the treatment of this disease a speciality, and never fail where I can keep them from practicing the habit, but I have had two cases, that are now inmates of a lunatic asylum, simply because I could not get them to break off the habit, although I gave the most powerful remedies to control the sexual passion, and at the same time warned them of their danger; but, alas, too late, and a miserable death awaits them. Epilepsy is, as all admit, spasms, having its origin in some morbid derangement of the nerve centres, brain and spinal column. In mastubators there is a species of lesion or spreading out of the membrane that encloses the marrow or spinal nerve. This lesion generally takes place just below the point where the brain and spinal marrow connect. When this is the case, epilepsy is the result. Now the only way this can be cured, is to remove the exciting cause, and give remedies that will act upon that part of the nervous system involved. Remedial agents are useless unless the cause (masturbation in this class of cases) is abandoned. If this is removed before too late, we can always cure epilepsy.

CHOREA, OR ST. VITUS DANCE.

This is a purely nervous disease—is often brought about by the practice of masturbation. It is from the effects on the nervous system, and in such cases can only be removed by getting the patient to abandon the cause, and give remedies that will give tone and strength to the whole system. I have had quite a number of cases that originated in this practice, and have never failed to cure.

PARALYSIS.

This is sometimes caused from masturbation, and sud-

den shocks following. The brain and nervous system being impaired, loss of muscular power results.

DISEASES OF THE HEART.

Palpitation of the heart, sinking sensation, fainting, &c., frequently result from masturbation. The principles are the same; by weakening the nerve or controlling force, you leave the system without defense against sudden shocks, and hence we have heart derangements.

DYSPEPSIA—INDIGESTION.

This is a very common effect of masturbation and sexual excesses acting upon the same principle, the nerve force is lowered, the power cut off from the par vagum, and we are obliged to have an impaired condition of the functions of digestion. It requires no elaborate argument to convince the reader of this.

DYSPNŒA,

or shortness of breath is also the result of this practice. The nerves controlling the mechanical part of respiration being too weak to perform their functions, and we have hurried breathing, &c.

CONSTIPATION

is a result also of masturbation, and in turn often becomes an exciting cause of involuntary emissions, the hardened and impacted faceas get up a species of irritation, and being reflected to the genital organs emissions take place. The conditions of the bowels is highly important in treating seminal weakness.

DERANGEMANT OF THE KIDNEYS.

Frequently we meet with an irritable condition of the kidney and bladder, prostrate gland and urethra, all from

the effects of the miserable habit, They are the direct result of local irritation, and can only be overcome by removal of the cause.

MENINGITIS,

Or inflammation of the Meningies, sometimes result from over-taxing the nervous system through the channel of excess in the natural way, or masturbation.

IMPOTENCY.

Among the terrible complications of this evil practice, is the entire loss of sexual feeling, or inability to have connection with the opposite sex. A victim of self-pollution sees the evil of his ways, attempts to reform, but finds himself stripped of the greatest attribute of manhood. He is impotent ; unfit for married life, and sinks to the lowest depth of despondency.

Before you abandon all thoughts of an honorable marriage, first be sure you are impotent, and if so, make an effort to be restored. Men sometimes fail once or twice, who are sure ; few as a rule. Again, you will fail with one individual from disgust, fear, &c. Just get it into your head that you will fail, and fail you will. Confidence in one's self is all important, and you should endeavor to bring that to your aid. While the masturbator can not expect the full enjoyment of sexual pleasures at first, yet where the power of sexual connection remain, I recommend marriage as the remedy *par excellence.*

If you have cause to fear your powers are deficient, seek the advice and treatment of an honorable physician who has given such diseases or derangements special attention, and knows what course to pursue. Above all things, avoid those miserable quacks who advertise free pamphlets and prescriptions. They seek nothing but your

money, and you will find to your sorrow that you are worse than before. You may have the power of erection and penetration, and yet not consummate the act perfect. Self-pollution gets up an irritabe condition of the organs, and the emission is premature. This may be overcome by patience and rational treatment. Never let the excitement run too high or continue too long before you make the attempt. Let all your surroundings be pleasant, and you will soon overcome this difficulty, and be able to perform this function.

There is in some cases an imperfect emission, and part of the fluid oozes away after the act. This will require treatment to overcome the weakness or spasmodic stricture, which is generally the cause. Impotency, except in extreme cases, can be no excuse for not abandoning the habit and seeking in marriage to obliterate every trace of its demoralizing effects. Impotency as a disease, will be treated of under that head.

To recapitulate — Masturbation or Self-Pollution long indulged, causes Consumption, is productive of Cancer, Epilepsy or Fits, St. Vitus' Dance, Meningitis, Indigestion, Inflammation of Kidneys and Bladder, Paralysis, Impotency, Dimness of Vision, Loss of Memory, Palpitation of the Heart, Rheumatism, Insanity—and death as a final.

As a member of the medical profession I know whereof I speak. I have given a plain statement of facts ; and not one who indulges in this practice, after reading this little work, can lay the blame to ignorance. I am writing in the interest of humanity, and have no doubt my motives will be misconstrued and my work condemned by those whose false modesty would consign thousands of promising youths to a premature grave. I care not for their cen-

sure. A consciousness of having saved a single one from destruction, will overbalance the condemnation of those strait-laced individuals who think it immoral to write on such subjects. Away with all such nonsense, and let us strive to understand ourselves, that we may shun the evil and practice the good.

Having noticed the symptoms of masturbation, I propose to give a pen pictnre of its votaries so that all may know them. You have a mark which will be the more apparent the longer indulged. Where this practice has been long indulged there is a lack of appetite for breakfast. He will feel meanly and act as though he had plundered a hen roost. He will have a sneaking look, and act as though every one knew of his guilt ; will be fond of being alone, you can scarcely ever catch his eye ; his every action is such as to indicate a fear to look the world in the face. There is generally a moisture about the hands, and sometimes blotches on the face. The better way for fathers to do is to place this little pamphlet in his sons hands and admonish him to avoid the errors of youth. Some of the brightest intellects and most promising young men have fallen victims to this polluting sin. Be warned in time, you are not proof against its debilitating effects.

Having warned you of this evil I now call your attention to others of alarming proportions and give you the consequence of indulging therein.

PROSTITUTION.—ITS EFFECTS.

In the preceding pages I have advocated early marriage as a preventive of masturbation and prostitution. I am free to say that not one woman in ten who ply their vocation do it from choice. They are generally driven to houses of ill fame, through seduction, want or vanity, fashion and love of fine dress send some there, while actual want sends others. Once down there is no rising; society shuts its doors against them, and if reform is attempted it generally fails because the world turns the cold shoulder to all such. So much for the cause, the effects are what I have to deal with here. Leaving out the liability to disease from promiscuous intercourse, it is injurious from its effects upon the nervous system. As remarked in a previous article, sexual intercourse is a species of electricity, animal magnetism. To be healthy, the act must be from desire reciprocal, both parties entering into it with a will. This is not the case in promiscuous intercourse. You pay your fee and go through the operation and the result is a depression of the nervous system, not experienced in the lawful enjoyment of the marital right; so many temperaments having connection with one individnal engenders disease. Nine out of every ten prostitutes are the victims of infectious disease, and though you may escape it once or several times, the risk is great and the chances are very much against you. Another effect is, you encourage the evil by patronising it, thus helping to demoralize others and sow disease broadcast in the land, and are sinning against your own souls.

Now, as in the days of Solomon, the prostitute "lieth in wait as for a prey and increaseth the transgressions

among men." "Now she is without, now in the street, and lieth in wait at every corner." "Her lips drop as a honey-comb, and her mouth is smoother than oil; but her end is bitter as worm-wood, sharp as a two-edged sword; her feet go down to death, her steps take hold on hell. Lest thou shouldst ponder the path of her life, her ways are movable that thou canst not know them." Hearken unto the wisdom of Solomon: "Remove thy way far from her; come not nigh the door of her house."

But, in spite of every warning, how many of the gay and thoughtless, the reckless and light-hearted are led astray and ruined forever. Once within the meshes, it is hard to free yourself. Avoid it—live a pure and virtuous life, and seek a companion for life that is calculated to make you happy. This alone is the sure road to health and happiness. If, in spite of the warning of God and man, you will partake of stolen intercourse, I give you in the following pages a list of diseases of which you are likely to become the victim; diseases which undermine the constitution, lay the foundation for consumption, cancer, corroding ulcers and loathsome skin diseases in your own person, and are transmitted to your offspring. Who, I ask, is willing to bequeath to his children such a heritage? and yet thousands do it; and to this, in a great measure, is due the degeneration of our race. Were medical men less selfish; were they willing to become, in part, the educator of the people in pointing out these evils, I have no doubt we would have fewer wrecks and a more healthy, robust race of men and women.

LUES VENERA, SYPHILIS OR POX.

There are two forms of Syphilis or Pox—two distinct classes of chancres that proceed from impure sexual inter-

course. The infecting indurated chancre is a form of pox wherein a small pimple appears on the glands, penis, or some other part of the sexual organ, gradually increasing in size until a sore of considerable dimensions is formed. Around the base of this chancre is a hard ridge or ring, rising above the surface, with an induration in the center, from which there is a slight discharge of matter. If allowed to continue for a few weeks, this ridge or ring assumes an indolent condition, becoming almost as hard as bone. There is generally but slight soreness. The glands in the groin enlarge but do not suppurate, (or in common language, come to a head); in a few weeks the mouth will probably get sore, little pimples forming on lips, tongue and roof of the mouth; glands of the neck enlarge ; occasionally red spots appear over the body, which give way to yellow or purple spots on the skin. The mouth ulcerates ; sores appear on different parts of the body ; the bones become involved and decay, and the miserable victim becomes one mass of sores, internal and external. This is the course of the indurated chancre, when left to itself.

The non-infecting or soft chancre appears in much the same way, but is attended with more pain. The glands in the groin swell and form bubos, which fill with pus or matter, break and heal up. The penis swells, inflammation runs high, and the urine is passed with difficulty—sometimes entirely suppressed, and death may result from fever and inability to pass the water. This form of the disease is more of a local trouble, does not infect the whole system like the preceding, but if properly treated in its early stages, may be readily eradicated from the system.

PERIOD OF INCUBATION.

Both forms of chancre make their appearance in from

three to fourteen days from the date of contact, coming on in a few days in some, and later in others. The virus from either chancre coming in contact with a mucus membrane, produce a chancre of like character. Occasionally, however, a soft chancre in a female will give rise to a severe form of gonorrhea in the male, attended with bubo, profuse discharge from the urethra, &c.

Syphilis is contagious, and may be contracted from drinking out of the same vessel with a person who has syphilitic ulcer in the mouth, from using same towel, &c. Infants contract it from the mother's breast, and if the virus is deposited in a cut or abrasion of the skin, it may be taken up and conveyed to the system, on the same principle that vaccination for small-pox produces a pustule. Taking this view of the case, we can not be too particular how we *entertain* strangers — especially in drinking after them. I have had one or two well authenticated cases, where wives have taken the disease just by sleeping in the same bed, without any other connection ; but as I am the first that I am aware, to note this, I do not know that it is common.

A pregnant woman infected with syphilis will invariably convey it to the embryo. Treatment should be energetic and active from the first appearance. If discovered when a mere pimple, burn it out with caustic potash, and little else will be required ; but when it has run for some time, you should lose no time in obtaining the best treatment to be had. Under the regular treatment the symptoms may be controlled in a few days or weeks, but they generally give so much mercury that the system is mercurialized, and the pox still left in the blood to break out under the first depressing influence, when the mercury and syphilitic poison both have to be eradicated, requiring from six to

twelve months' active treatment, under my system of practice.

This is true of the indurated chancre ; and I will here take occasion to say nine tenths of the victims of this disease never do get over it. It breaks down the nervous system, impoverishes the blood, is transmitted from father to child, and shows itself in scrofula, consumption, cancer, ulcers, &c., even to the tenth generation. What child would not curse the memory of a father who had doomed him to a life of suffering ?

These are diseases that are sent upon us only as a punishment for illicit indulgence—consequently we have nothing to fear if we keep aloof from those dens of infamy, and avoid as associates its miserable victims.

GONORRHEA.

This is a milder type of venereal disease. It is the result of a sexual intercourse with a person affected with a like disease or a soft chancre, as previously described. A gonorrhea contracted from a woman who has a soft chancre, is the most severe, and gives rise to fever and constitutional disturbances never met with in simple gonorrhea. The disease, in its incipient stage, is merely a local affection, confined to the mucous membrane of the urethra, but if long neglected, it becomes constitutional or chronic, and is very difficult to overcome.

Symptoms.—The disease first makes its appearance with an itching or tingling sensation, slight burning on urinating. About this time, if a close inspection is had, you may discover a slight discharge of thin, glassy matter, transparent at first. The pain on urinating increases—the burning is intense—the discharge assumes a thick, yellow appearance. The glans penis become inflamed and swol-

len, with the edges of the external orifice thickened and turned outward. The burning and irritation gradually extend upward—the bladder becomes irritated with a constant desire to urinate. If contracted from soft chancre the inguinal gland becomes enlarged and painful. The testicles swell, and spasmodic contraction or stricture of the urethra ensue. The water is passed with difficulty, and the patient is tormented with chordee, which is a partial erection of the penis drawn downward as if by a cord.—This is the true inflammatory stage. The buboes often supurate and discharge a thick puss, and in some cases continue to discharge for weeks, attended with more or less pain. These are the common symptoms of a severe type of Gonorrhea or Clap under ordinary circumstances; true, we have cases that cause but little trouble more than the burning and irritation in the urethra, with profuse discharges. This form in a healthy man will wear itself out in six or eight weeks without treatment, but is nevertheless contagious, and should be treated as soon as discovered.

Gonorrhea is contagious from the time of the slightest appearance of the discharge, and continues so until every trace of it is removed.

Of the complications connected with it I propose now to speak. I point them out that you may avoid them if ever its victim.

GONORRHEAL OPTHALMA.

From careless handling, the virus of gonorrhea is sometimes conveyed to the eye, causing the severest type of inflammation of the eye, and in most cases entire loss of the sight. There is a filthy practice among the ignorant, of using the urine to wash the eyes when inflamed, under the impression that it will cure them. This should never

be practiced, as there is great risk of permanent injury to the eyes, even in a healthy subject. This form of sore eyes have to be treated on same principle as the gonorrhea, and if not attended to without delay, there is no chance to save the eye.

SWELLED TESTICLES.

This often results from using strong injections of lunar caustic, and from riding horseback, being much on foot, long walks, &c. I have met with cases that were very obstinate, and the swelling reach an enormous size. Poultices of tobacco are the best treatment—should be applied at night, and perfect rest in a recumbent position observed. Leeches are the best remedy where the inflammation and swelling is great.

IRRITATION OF THE PROSTATE GLANDS.

Is one of the results of strong injections thrown into the bladder, which, by passing over this gland, gives rise to swelling of the gland, difficulty in urinating and at stool ; in fact, I have met with cases where it was so much enlarged as to almost close both the urethra and rectum. The pain is so intense that life is but a torture. Irritation and enlargement of the prostate requires prompt constitutional treatment varied to suit the symptoms of the case.

IRRITATION OF THE BLADDER,

Results from same cause—often becomes so irritable as to produce a constant desire to urinate, with severe, strangury or bearing down pains. This requires a soothing constitutional treatment, and sometimes it becomes necessary to inject mucilaginous fluids to protect the walls of the bladder from inflammation and sloughing.

FISTULA IN ANO.

Often results from Gonorrheal inflammation, especially where the patient is troubled with piles. I had a case under my care some years ago that originated in a chronic case of venereal. The discharge from the penis never stopped until the fistulous opening appeared, and when that was closed the gleety discharge from the penis again made its appearance; on checking that the lungs became involved, and nothing but the most rigid care and perseverence with treatment saved the patient from consumption.

STRICTURE OF THE URETHRA.

This often results from using strong injections during the height of the inflammation. It is a condition of the urethra where the walls are contracted and form a ridge in a circle, contracting the apperture so as often to prevent the passing of the urine at all, and at all times with great difficulty. A radical cure of stricture can only be effected by gradual dilation with proper instruments. I never use the knife, and never fail to cure stricture.

GLEET.

This is a sequence of neglected Gonorrhea, and is caused from a weak or relaxed condition of the mucous membrane which throws off a discharge varying from a white to yellow or greenish color. It may continue for years, always keeping the parts weak and irritable. Gleet is also an attendant symptom of stricture, and when this is the cause it can never be cured until the stricture is removed.

VENEREAL WARTS.

From lack of cleanliness warts and excresences sometimes grow out around the head of the penis, often of a

large size. Tinct. chloride of iron applied with a camel-hair pencil, three times a day, will soon remove them.

ULCERATION OF THE GLAND PENIS.

Sometimes results from the discharge being allowed to remain in contact with the parts. A free use of soap and water will prevent this, and if it occurs will demand treatment as other venereal diseases.

There are several other complications that sometimes occur, but are of such a nature as to require the personal attention of a physician.

TREATMENT OF GONORRHEA.

Some writers condemn the use of injection in this disease at any stage, and considering the mischief that often results from injections, I am inclined to agree with them. However, in the first two or three days the following injection will often cure it without a single dose of medicine. It is prepared as follows:

Potass Permanganate,	6 grs.
Aqua Distil,	8 ounces.

Inject the urethra every three hours, for two or three days.

Another good injection is—

Zinci Sulp.,	8 grs.
Plumb Accet.,	8 grs.
Sul. Hydras,	5 grs.
Aqua Rossa,	8 ounces.

Use as above.

Another:

Zinci Chloride,	4 grs.
Aqua,	8 ounces.

Same as above.

Another :

Ext. Hamamelis Fluid,	1 oz.,
Aqua Dist.,	8 "

Mix. Inject three times a day.

Should the discharge continue and the inflammation run high, use the following internally as directed :

Ext. Cubeba Fluid,	1 oz.
" Buchu,	2 "
" Hydrangea,	2 "
" Sweet Spts. Nitre,	½
Sp. Lavender,	½

Add ½ pint Holland Gin, and take one tablespoonful before each meal. Keep the bowels active with a good purgative pill.

The following acts well in most cases:

Ext. of Cimifuga Fl,	2 oz.
" Zanthoxylin	½ "
" Populus Trem	i "
" Baptisia,	1 "
Holland Gin,	1 pint.

Dose: One tablespoonful three times a day.

For Chordee and Inflammation :

Ext. Humulus Fluid,	6 drachms.
" Gelseminum	2 "

Mix. Dose: 20 drops before retiring at night; 10 drops three times a day in connection with either of the above will be beneficial.

As a Purgative:

Podophylin,	½ gr.
Leptandrin,	½ "

Take at night in water.

BALANITIS.

This is a serious form of inflammation of the Glands Penis, and the internal surface of the prepuce. The symptoms are a sense of heat and itching about the parts. A purulent discharge. On uncovering the glands a curd-like matter is seen with patches of redness or excoriation. This may take place independent of Gonorrhea, or it may be complicated with bubo, or from the poison of a soft or hard chancre.

Treatment.—The greatest cleanliness should be observed, washing the part four times in every twenty-four hours.

Apply the following three times a day:

Permanganate Potass,	10 gr.
Water,	8 oz.

Apply on lint, and renew every four hours. At same time take 10 drops of fluid extract gelseminum three times a day.

IRRITABLE TESTES.

This is a condition that sometimes results from Gonorrhea. The scrotum and testicles become so irritable that the very weight of the clothing is a perfect torture, the pain striking through upon the slightest touch. The condition of the patient becomes pitiable, indeed. It is a disease that there is no mistaking.

Treatment.—Bathing with cold water, perfect rest, with a regular constitutional course of treatment, with tincture of arnica locally.

RHEUMATISM OF THE TESTES,

Differs but slightly from Rheumatism in other parts of the system. The pain is usually intense, and pervades the whole organ. The treatment for this is also constitutional and local.

TESTITIS,

Or inflammation of the Testicles, may be either acute or chronic. It is caused from gonorrheal inflammation, alcoholic drinks, &c.

Symptoms.—Weight and pain in the cord and testicles, uneasiness and pain in loins and groins, frequent desire to urinate, swelling of testicles, scrotum firm and tense, and the cord enlarged, great tenderness, nausea and vomiting, with constipation of bowels, and fever.

The treatment should be active, and among the best remedies is lobelia internally, and locally with an occasional dose of gelsemin to keep down fever. Locally common salt, in the form of salt water bath, is good.

The chronic form differs from this only in being less severe. The symptoms are the same, with treatment varied to suit the case. The use of a suspensary bandage is almost indispensable in these cases.

WASTING OF THE TESTICLES.

This may be caused from mumps, or cold taken with mumps, or from improperly treated syphilis, or masturbation.

Symptoms.—There may be slight pain in testicles, mainly at night. Both the erection and venereal desire become less frequent, and the seminal discharge diminishes until none is secreted ; the testicles continue hard and decrease in size until they nearly or quite disappear.

Treatment.—Remove the cause, avoid excesses, active exercise, wear suspensary bandage, and seek skillful treatment at once.

SCROTIAL HERNIA OR RUPTURE,

may be distinguished from hydrocele by the soft, elastic feel, and the ability to push the enlargement up out of the

scrotum. The only remedy is a well made truss, properly adjusted.

HYDROCELE, OR DROPSY OF THE SCROTUM.

This may be confined to one side, and may continue to accumulate until it attains an enormous size. More than a pint and a half of water have been removed by myself at one operation. Hydrocele may be due to inflammation and consequent effusion of serum in the scrotial sack. It commences at the bottom and enlarges upward; may be distinguished from hernia in the fluctuation and its gradual enlargement.

Treatment.—When it has reached a very large size, tapping is the only remedy, after which use camphor salve to the scrotum, 1 drachm of pulverized camphor mixed with an ounce of lard. Rub well in, three times a day. I have often cured this disease when considerably advanced, without tapping, mainly by constitutional treatment. It should never be neglected when the first symptoms appear. Seek treatment at once; you may thus save much pain and inconvenience.

IMETIGO SCROTIALIS,

Or Tetter of the Scrotum. This is characterized by a pustular eruption on the scrotum, attended with an itching so intolerable that patients thus affected often are compelled to scratch, regardless of company or any other consideration; in fact, it often causes constitutional disturbances, sleepless nights, &c. In cases of long standing, a thorough constitutional treatment is demanded. Recent cases will yield to lotions of bi-carbonate of soda, one or two drachms to the pint of water, applied three or four times a day.

IMPOTENCE IN MARRIED MEN.

This may arise from a variety of causes. There may be an entire lack of sexual feeling or power, from imperfect development, malformation, mutilation or absence of the penis, hard study, mental anxiety, want of confidence, grief, disgust, excesses, almost invariably produce impotency ; want of sympathy, want of feeling, disease, fever, injuries of back of the head or spine, excessive labor, immoderate use of tobacco, opium, spirituous liquors—in fact anything that impairs digestion and weakens the nervous system ; imperfect erection, obesity. Men who become too fleshy, find their sexual powers decrease. Strictures of the urethra, hydrocele, hernia, &c., are among the causes.

Again. Repugnance, or want of sexual feeling on the part of the wife, may operate to prevent the desire in the husband. As remarked in a previous part of this work, there is a species of magnetic influence that operates in exciting the sexual feeling. Where this is deficient in one, it has an injurious effect on the other. Reciprocal feelings go to heighten the pleasures of sexual intercourse. There is occasionally in married men a feeling of indisposition to sexual congress, which soon passes, and requires no treatment. It is only those cases where the nervous vitality is lost, or lacking, in part, that I have to deal with here ; and in as few words as possible I will describe how this is lost.

LOSS OF NERVOUS VITALITY.

Among the causes that produoe impotence or want of nervous vitality, masturbation stands foremost. Of that I have previously spoken. Next in the catalogue of causes is excess in venery, or sexual indulgence. Upon this

point writers and teachers differ as to what constitutes excess. My own theory is, that no rule as to how often one may indulge, can be laid down that will apply to every case. What would be excess, and amount to exhaustion in one, would not affect another.

Men have been known to have sexual intercourse almost nightly for a number of years without impairing the health, while others would exhaust their vital powers in a few weeks. A safe rule, however, in a perfectly healthy man and woman is, say, twice a week. Some men will not be able to indulge so often as this, while others would be perfectly healthy with this number, or even oftener. Consumptives, or those disposed to consumption, will hasten their end by free indulgence. In this class, once in two weeks would be as often as safety would permit. Those predisposed to heart disease, would do well to moderate their desires in this direction. Men, whose occupation require mental study and close application, will not have much desire for sexual congress ; while others, who live high and labor but little, will have their desires enhanced. This applies to young and middle-aged men ; those who have passed their 45th year, need not expect their feelings to remain strong as in youth, especially in going to excess as in their younger days.

Physical development is no criterion upon which to base a man's sexual powers. Those of comparitive feeble frame are often most amorous and able to perform more labor in this direction than one of robust frame. It is all dependent upon the amount of nervous vitality he possesses and not upon muscular power. Some men imagine that the feeling may be gratified whenever erection or inclination occurs, and are thus led into excesses. As a safe rule, once or twice a week, on an average, will be most conducive to health.

I have had one case under my care, who was far advanced in consumption, the result of marital excesses. He had indulged from one to six times every twenty-four hours, for a year, at the end of which time he was in consumption, from which he never recovered, from the fact that his vital powers were completely run down, and no medicines were potent enough to get up a reaction in the system. Aside from every consideration of health, it partakes more of the low and sensual than the intelligent man. Where sexual intercourse is indulged to such an extent, men allow sensuality to get the better of their judgment, and thus not only ruin their own health but their wives also. Always commence as you can hold out, and by moderation in youth you will be better able to enjoy the pleasures of mature years, and will have saved your constitution from the miserable wreck we so often meet with in men just turned the meridian of life. Moderation in all things is best.

Treatment of Impotence.—The best treatment probably in ordinary cases is purely hygienic salt-water bathing, good diet, with tonic, to build up the general system. As a tonic the following is excellent:

Cinchona, pul,	1 ounce.
Zanthoxylum "	½ "
Juniper, "	½ "
Holland Gin,	1 pint.

Let steep 24 hours, and take a tablespoonful before each meal. Should this fail, seek the advice and treatment of one skilled in treating sexual diseases.

WANING VITALITY IN THE AGED.

I am often consulted by old men complaining of want of sexual feeling, just as if there were no stopping place !

Aged men, although their sexual feelings may be strong, should seldom indulge, as it is certain to have a deleterious influence. How often do we see old men marry young girls, and soon die the victims of their own excesses. The idea of a man of sixty attempting to keep pace with a wife of sixteen is preposterous, indeed. Yet, strange to say, an old widower in nine cases out of ten will try for a young wife, and if she does not repulse him he will soon kill himself, or cause enlargement of prostate gland, collapse of the genital organs, and then becomes so jealous of his young wife that life is a torment. The extreme nervous depression that often follows sexual intercourse is more than old age can bear with safety. This is the more true in men than in women. Women frequently enjoy sexual intercourse up to seventy-five or eighty. I remember once interrogating an aged negress said to be over one hundred years of age. In reply to the question at what age women ceased to enjoy sexual intercourse, said I "must ask one older than she!"

The children of old men are generally feeble, and deficient in nervous vitality. Men retain the power of begetting children to the age of fifty or sixty, rarely beyond sixty. "The way of the transgressor is hard," and when men have lived and enjoyed sexual intercourse to advanced age, they should turn their thoughts to a higher purpose than animal gratification. "Great folly appertaineth to the first love, but great feebleness to the last." The chastisement of those who love the sex too much is to love them too long.

Coition generally makes the healthiest and strongest languid and drowsy for a time. Indeed, so decided is this effect that men have even died during the act. This arises from a sudden and powerful shock to the nervous system

in a feeble frame. It is said of a noted philosopher when asked at what age we should love ? said to a young man: "Not yet !" and to an old one : "Not at all !"

Now, as regards excesses or frequency, when a person feels more fresh and vigorous after indulgence; when they sleep well, and the head feels free and easy, and the body has its wonted elasticity, and the genitals are more vigorous, then we may know that a natural want has been supplied, and that no evil, but good, will result. Of course, I have reference to the marital relation, and not to illicit indulgence. As abstinence is the great duty of the single, so moderation in sexual intercourse is a duty of the married.

SEXUAL ABUSE IN MARRIED LIFE.

Some men after marriage seem to act on the principle that excesses are all right if indulged in the married state, consequently indulge night after night, until they find their health failing, as also that of their wives. I have had many consult me who had no particular disease but a general feeling of lassitude, pain in chest, loss of appetite in part and indigestion. They could not account for it—had taken care of themselves, &c. When I find a case of this kind I usually put the question, Are you married ? How long since ? and I generally understand their cases without another word. Occasionally the same symptoms appear in the married libertine for the same cause—excesses. No matter how stout you are naturally, this constant indulgence will tell on your nervous system, sooner or later.

Young married people generally indulge more freely, and this is often a cause of sterility. Over-indulgence impoverishes the semen, and impregnation does not take place until their ardor has somewhat cooled; and often we

meet with cases where the wife's health is ruined for life, in the first year of married life—laying the foundation for lucorrhea or whites, inflammation of the womb, and ovaries, derangement of the menses, with all the train of symptoms attendant upon their derangement. You should govern yourself even in the first weeks, and live as if you had a long life before you. Only in this way need you expect to enjoy life to a ripe old age.

Excesses tell on both sexes, but usually a man will break down first. A safe plan is to say one to three times a week, from the very beginning, and you will find no evil effects follow, if both parties are healthy.

In man only is sexual congress indulged as a pleasure. All animal creation resort to it only to propagate their species, and judging from appearances it is to them more of pain than pleasure. Man, endowed with the highest order of intellect, capable of the most exquisite enjoyment, and yet will run into habits and excesses that will break down his health or lower him as it were, below the brute creation. He that would use his wife as he would a harlot, is no man at all. Joined together for life, begin as for life, and rest assured what you lose in number, all things being equal, you will make up for in the increased pleasures resulting from the magnetic influence of two healthy persons.

MARRIAGE.

AT WHAT AGE SHOULD A YOUNG MAN ENTER INTO THE MARRIAGE CONTRACT?

This is a subject on which medical writers differ widely. Marriage even for a boy is preferable to fornication or self pollution, yet I hold that marriage should not be consummated until at least twenty-one in the male, and seventeen in the female. Marriage should only be entered into by those who have arrived at a full development of their intellectual and physical powers, as only such are calculated to bring forth full, healthy offspring.

Marriages for convenience or for family consideration, are often productive of much evil. Never marry relatives, as the offspring are almost sure to be severely afflicted, deformed or demented. Love should be the moving power in all marriages. No man should ever beget a child for a woman he does not love, nor should a woman permit the embraces of a man she cares little for. In the language of a cotemporary, every child should be a love child, as well as a lovely child, but where marriage is proposed and consummated for sinister motives, they are likely to be neither. A man wants in a wife a congenial companion—not a singing bird or a drawing or dancing animal, yet a majority of women spend more time to learn these three things than any thing else, and often marry men who can appreciate neither. After forty few women care to dance, and fewer can sing, and drawing has lost all its charms. Rather, therefore, in selecting a partner, get one suited to your circumstances and to your own qualifications. An

intelligent man—a man of learning, will find little congeniality with a woman who is deficient; neither will a woman enjoy life with a man her inferior in intellect. Water will seek its level, and a fool will not enjoy life with a sage.

There are some things which our republican ideas will not entertain, but yet is too true to require argument—blood will tell, and there can be no congenial feeling between the low and vulgar and the pure and refined. One of the strongest arguments I ever heard used against universal salvation, was that a sinner in heaven would be in a worse torment than he would in the lower regions, because there would be no congeniality or kindred spirits there. It is a safe rule, that as soon after twenty-one as you are able to provide for a wife, marry one of a congenial spirit, and life will be happy.

NERVOUS DEBILITY.

As the result of sexual excesses, we often meet with cases of extreme depression of the nervous system. As before remarked, the vitality of the whole muscular system depends upon a healthy condition of the nervous system. Nervous debility, then, is the opposite of nervous vitality, and is the beginning of consumption, scrofula, and many of the ills mentioned under the head of involuntary emissions, &c. Nervous debility, taken in its early stages, is amenable to treatment. If left alone until the whole system is undermined, then it becomes quite a formidable disease or derangement, and often baffles the very best physicians.

Treatment.—Among the best remedies of the hygienic class, is bathing in salt water—sea bathing when that can be had, but if not so favored as to obtain this, a strong so-

lution of salt in water, well rubbed in, once or twice a day, will have a good effect. Let the diet be nutritious—fish, eggs, butter (fresh), fat beef or mutton, &c. Regular hours, with exercise in the open air, will all tend to a restoration of the vital principle. The medicinal treatment requires a skill and judgment in treating, which none but a physician, who has made it his study, is supposed to possess. Therefore, I will not attempt to lay down any course here.

I propose in the following pages to give symptoms of cases treated, with the actual results. These cases will be numbered, and while the statement is true in every particular, I am not at liberty to use names, as this unfortunate class are such as to make it desirable to maintain the strictest confidence.

CASE I.

This was a young man who applied to me in the early part of 1870. The whole treatment was conducted by letter, and I never have met the patient in person. I will give, as near as possible, his own words, withholding names, &c.

Under date of June 20th, he writes :

"My Dear Sir,—Having seen copies of your little paper, (The Star) and judging from the manner in which you write that you are conscientious, and not trying to deceive the afflicted, I have been induced to open my heart to you, and see if there is any hope for me. I am now twenty-two years of age. My surroundings are of the most

flattering nature, and yet from early indiscretion, I am as it were, a perfect wreck. I have been reared and educated by the best of parents and teachers, and but for the sin of self-pollution should certainly now be happy. My early years were spent on a Southern plantation, and among the negro boys I learned this practice, which I kept up without once knowing its evil effects, until some three years ago I obtained a small pamphlet from some Northern advertiser, which while it warned me of the evil, was only a catch-penny affair, from whom I derived no benefit whatever. I have been subject for several years to nocturnal emissions, occurring almost every night, until I find my health failing, and my mental faculties becoming weaker from day to day. I now have loss of memory, spots before my eyes, a dull heavy feeling in the back of my neck, with the most horrible dreams. I have lost nearly all desire for society or the female sex, and in a word am a miserable wreck—mentally, physically and morally. Now, what shall I do? Can you do any thing for me? If not, in the name of humanity do not deceive me. I apply to you as a Southern man, and though not personally acquainted with you, I am fully persuaded you are honest. Write at once, and tell me truly, can you cure me? ——— ———"

In reply to the above I wrote, assuring him of relief and a permanent cure, if directions were strictly observed and carried out for three to five months. Upon receipt of my answer, he ordered a month's treatment, and on the first of August writes:

"After using your invaluable medicine for one month, I find myself much improved, and so much encouraged that I am ready to place myself in your hands until you say I am cured."

Six months later he writes :

"I am happy to say that I am quite well. My sexual system is all right, and I am now paying my addresses to a beautiful and accomplished young lady, with a view to carrying out your suggestions—getting married, and trying to live a virtuous and happy life."

Three years later he writes :

"I am the happiest man in South Georgia ! I have a fine boy two years old, perfectly healthy, and as smart as a two year older ever was ; and allow me, my dear friend, to give you the praise for all that I am, or ever expect to be, as nothing but the prompt interference of your skill saved me from a premature grave. May you live long to do good, and enjoy its fruits. I do all I can for you in a quiet way. ——— ———"

CASE II.

Early in the spring of 1871, a young man consulted me under the following circumstances. He had acquired the habit of masturbation at a very early age, and had kept it up at short intervals for six or eight years, until his condition was such as to excite fears for his sanity. It was believed by his parents that he was under conviction for sin, to use their expressions, and that fear of his eternal condemnation was the whole trouble. About this time he came in possession of a little pamphlet of mine, from which he obtained a clue to the trouble. He at once wrote me, detailing in a disconnected way his condition. His vital powers were dribbling away—emissions were almost constant, and he had all the train of symptoms attending involuntary emissions. The whole trouble had settled in his nervous system, and though his physical frame was but

little impaired,he was, so to speak, a perfect blank mentally. I was employed with but little assurance of success. He continued under my treatment for upwards of six months, and was discharged perfectly cured. I would here warn parents that this religious derangement is not always caused from the fear of being lost—but from the brain being impaired, the nervous system is easily excited, and often assumes this form of mental derangement. It would be well in such cases to look beyond the symptoms and see if, underlying all, is not a cause and that cause masturbation.

CASE III.

Some years ago I was consulted by a young man, aged eighteen. He was laboring under epileptic fits, and no one had any idea of the cause that had brought them about. Something in his appearance caused me to make a close examination, and upon questioning him privately, he frankly acknowledged the cause, and pledged me his word that he would reform. I began treatment, and for near twelve months he never had symptoms of a fit. About this time, being from under my treatment, he relapsed into his old habit, and in a few months was sent to the lunatic asylum in this state, where he now languishes a raving maniac.

CASE IV.

This was a man aged 25, and his trouble was sexual excesses with women. Commencing at an early age, and being so situated that he could carry out the bent of his desire, he indulged to an extent incredible. When he consulted me, he was a living skeleton. Dyspepsia was a convenient term under which he hid his shame, but really seminal loss was the dyspepsia that was dragging him to

the grave. Although a perfect wreck, I saw that he naturally possessed a stout constitution, and without much encouragement undertook his case. Under the use of my remedies he began to improve, and in twelve months he was so much changed, that I did not recognize him when he came to my office to thank me for what I had done for him. He is now well, and my last prescription was marriage, which he has applied, and the experience he has had will enable him to steer clear of those terrible breakers that have wrecked so many lives, sexual excesses.

CASE V.

In May, 1871, a young married man consulted me by letter. I found him in the last stages of consumption, and of course beyond the help of medicines. In detailing his case, he informed me that for near twelve months he had from one to half a dozen sexual connections with his wife every day, and at the end of that time found himself in consumption, from which he died a few months after consulting me. I give this case as a warning to those who think their feelings and power of congress the only limit; but remember that any machinery strained to its utmost tension will soon yield, and that the human machinery is no exception to the rule. This is only one out of hundreds that have come under my observation, desiring my professional advice when too late for the skill of man to reach them.

CASE VI.

Early in the year 1869 I was called upon by a young man of prepossessing appearance. He stated that he was laboring under a disease for which he could not account. He had not had connection with a female at all, and yet he had a discharge and constant irritation closely resemb-

ling a gonorrhea. Thinking at the moment he was endeavoring to play upon my credulity, I would not venture an opinion, and being engaged I requested him to call again. He did so, and upon questioning him I found that he was the victim of masturbation—that constant friction had caused inflammation of the mucous membrane of the urethra, and this caused the discharge. With a free use of sulphate of zinc as an injection, with proper constitutional remedies, I soon had him restored to health.

CASE VII.

In the month of May, 1872, I was consulted by a young man laboring under general debility and wasting of the testicles. They had diminished from ordinary size to the size of a small chestnut. His sexual functions were well nigh gone, his voice was assuming a feminine tone, his whiskers were dropping out, and every thing betokening a eunuch instead of a perfect man. Although stoutly denied, I was convinced that masturbation was the exciting cause, and I treated him accordingly. After several months' local and constitutional treatment, I had the satisfaction of seeing him so far restored as to discharge him, and leave nature to finish the cure. He finally acknowledged that he had been guilty of masturbation, but felt too much humiliated to confess it.

I would remark in this connection, that wasting of the testicles is a common result of this evil habit, and these cases are very hard to cure, yet many cases can be entirely restored.

CASE VIII.

I was consulted by a young married man some time since, who was in a terrible strait. Although married for two months, he had never been able to have connection.

He stated that so often as he made the attempt he was seized with trembling and palpitation of the heart, and entire loss of erectile power, making sexual intercourse impossible. Nevertheless, he noticed profuse discharge often after such attempts. Each succeeding attempt the effort grew more hopeless, and in despair he called on me to know if such a case ever was heard of, and if there was any remedy. I found upon examination perfectly developed organs and intellectual head, and not much appearance of excesses or abuses in any form, which he assured me he was free of. Instead of taking a fee and drugging this patient, I directed a salt water bath with considerable friction to the spine at night, a teaspoonful of essence of Jamaica ginger, and instructed him to wait until he felt the desire without an effort, and that he need fear no possible failure. The result was that in forty-eight hours he was all right, and by way of remembrance made me a handsome present, instead of paying a fee, as I charged nothing for my advice. In this case something unpleasant or otherwise had caused a failure in the first effort, and fear of a repetition, and want of confidence in himself, caused all the trouble. Confidence in one's self is all important in such cases.

CASE IX.

This was a man aged 22, six feet high, florid complexion, and weighing 165 pounds, wearing a No. 9 boot, and yet sexually he was a mere infant. The whole organs were not as large as they should have been at five years old. According to his statement they never had been any larger, and he was almost devoid of feeling for the opposite sex. A case so novel and of so long standing, was of a doubtful nature, and I merely agreed to do all I could for him. Under my treatment in three months the organs

began to grow, after which I lost sight of him for a year. At the end of that time he wrote, though not as well as he could wish, yet he was so much improved that he confidently looked for full development.

This was a very rare case, and I do not give it to say that I can develop these organs where they are wanting, but simply to say that extreme cases are often very much improved under proper management.

SELF DIAGNOSIS.

I am often asked by letter : " How can I tell if I have spermatorrhea, nervous debility," &c., and to enable this class of enquirers to ascertain their true condition, I give below a list of symptoms of each.

The premonitory symptoms of Impotence are :

Emissions accompanying the discharge of urine.

Emissions at stool.

Erections and emissions upon the slightest excitement.

Emissions under similar circumstances without erections.

Emissions at night while asleep.

Emissions in day time, without excitement or erections.

Semen in the urine, which may be seen floating about when caught in a vial and held between you and the light. This test should be made immediately after the urine is passed.

Contraction or drawing up of the foreskin.

Dull pains in the organ of only a few moments' duration.

Varicocele, or varicose veins in the testicles. This can be determined by the enlarged condition of the veins.

Pimples on face and chest.

Premature seminal discharge when sexual intercourse is attempted.

PRIAPISM.

This is an erection of the penis without any exciting cause.

Decrease of sexual desire or enjoyment.

Emission of a bloody looking matter or secretion.

Wasting of the penis or testicles.

Want of erections, or but imperfect erections.

In no one case, probably, are all these symptoms present, but in a great many a large majority of them are, and are generally so well defined as to prevent mistake as to your true condition.

I will now give you the

MUSCULAR SYMPTOMS

that precede general and nervous debility, and will remark that in very many cases some of these symptoms never appear, but in every case there are more or less of them at all times present, and when they are no time should be lost in seeking for remedies to eradicate the disease.

FIRST STAGE.

Increased appetite.

Gnawing and heat of the stomach.

Uneasiness or all-gone sensation before taking food, with an unpleasant fullness after meals.

Want of appetite for common diet, a sort of longing, &c.

Heaviness in the stomach.

Increased pulsation at the wrist.

Flush face, unnatural redness of cheeks.

Sour stomach and belching. Heat in the throat.

The secretion of the liver diminished.

Wind on the stomach and bowels.

Colic, pain and griping.

Difficulties of breathing and cough.

SECOND STAGE.

We have distension of stomach and swelling of the bowels.

Flabby condition of the bowels.

Excessive mucus secretion.

Fullness of blood in the head.

Irregular action of the heart.

Unnatural stools—sometimes constipated, and again too loose.

Inflammation of the lower bowels, &c.

Loss of flesh.

Dead appearance of the skin.

Hollow, sunken eyes.

Extreme sensibility to cold or heat.

Loss of hair.

Rheumatic pains in various parts of the body.

Excessive mucus discharge from the throat.

Indolence—no desire to exercise or go in company.

Weakness and fatigue upon the slightest exertion.

The symptoms of the

LAST STAGE,

or mental symptoms, are found among the following, in every case :

Restlessness, sighing, and want of energy.

Feeling of fullness in the head.

Change of tone of voice, nervousness, asthma, vertigo.

Want of appetite, dimness of vision.

Impaired sense of hearing, aversion to society.

Blushing and confusion when in the society of females.

Avoiding conversation, want of confidence.

Desire for solitude, want of power to affix the attention.

Cowardly fear, depression of spirits, giddiness.

Loss of memory, excitable temper, moroseness.
Trembling of the hands.
Pain in the back of the head and spine.
Pain over the eyes, disturbed sleep.
Strange, obscene, and lascivious dreams, hypochondria.
And as a finality, epileptic fits, insanity and death.

Doubtless many readers will say this picture is overdrawn, and that I am endeavoring to frighten the reader who may have been guilty of excesses, &c. Would it were so! Would to God there were no cases where this description apply! Then we would have fewer cases of insanity, consumption and death.

I know whereof I speak, and do not hesitate to say that masturbation, sexual excesses, and venereal diseases are doing more to degenerate the human family than all other causes combined. And the only remedy for these evils is in educating the rising generation to understand their own system and the evil results of these vices, and teach them that in early marriage and a virtuous life alone are health and happiness to be expected.

CASE X.—CANCER.

Some months ago I was consulted by a man whom I found laboring under cancer of the penis in its most aggravated form. His case was a hopeless one, and after I so informed him, he urged me, as one speaking from the brink of the grave, to write a book, and tell the rising generation the evils of promiscuous intercourse and self-pollution; for, said he, "If I had never been led astray, I would not now be the miserable wretch that I am. From a case of syphilis, contracted years ago, have come all my troubles, and now left without hope of relief, I must suffer a thousand torments, from which my only escape is in

death. In the cause of humanity I would plead with you to warn others of this terrible evil."

His was a pitiable case, indeed, and the history of which is briefly as follows: He contracted syphilis or pox, was treated with mercury, and pronounced cured, but remained so for only a few months, when a cancerous ulcer made its appearance; caustic was applied, only aggravating the disease, and when he came to me his whole system was contaminated, and a few months served to close his life of suffering—all from the effects of promiscuous intercourse.

CASE XI.—CONSTITUTIONAL SYPHILIS.

A. B. consulted me April, 1873. He was literally covered with syphilitic ulcers, the result of disease contracted ten years previous. Under the skilful application of mercury he had been cured, as he supposed, and two years after had married a most estimable lady. Six months after marriage the original chancres appeared, and the same old school remedies were applied, with a mitigation of all the symptoms. About this time a child was born, and presented many unmistakable evidences of the taint. The wife, also, was contaminated, and it was my office to administer to all three. Nearly twelve months have elapsed, and they are, to all appearance, well—thanks to the virtues of vegetable antidotes; and yet nothing but the most temperate mode of living, with close observance of hygienic rules, will prevent constitutional effects hereafter.

In this connection, I would advise regular baths of salt water and abstinence from alcoholic drinks, over stimulating diet, and regular habits in all who have once had constitutional syphilis. Any deviation is liable to produce inflammation, and symptoms, if not a return, in some form.

CASE XII.

I was consulted in January, 1873, by a single man, who was laboring under stricture of the urethra, the result of strong injections of lunar caustic in a case of Gonorrhea. On examination of the passage, I found the stricture so great as to prevent the passage of the smallest bougie, and it was with the greatest difficulty that he could pass water at all; in fact, when exposed to extreme cold, he could not urinate until he used a warm bath. I began treatment by introducing a bougie up to the stricture, on the point of which I used an ointment for the purpose of producing absorption. I allowed this to remain in contact, say half an hour, daily. In a few days the stricture was so much softened as to admit a number one bougie. Continuing the treatment by gradual dilation, I soon had my patient cured. I would here remark that I have treated quite a large number of cases of stricture, and have never had to resort to the knife, having succeeded in every case by the introduction of medicated bougies and gradual dilation of the stricture, in connection with active constitutional treatment.

CASE XIII.—GLEET.

J. N. consulted me December, 1870. He was laboring under chronic inflammation of the urethra, which kept up a constant discharge of a glarry white matter. He had been thus afflicted for eighteen months, had consulted several noted physicians, and had failed to obtain the slightest relief. Suspecting stricture as one of the exciting causes, I introduced a bougie, and found no impediment. I then decided it was a case of chronic inflammation of the mucous membrane of the urethra, and proceeding upon this diagnosis I soon stopped the discharge, and with tonics

and local astringents I effected a permanent cure. I of course used active constitutional treatment to allay the inflammation and irritation.

CASE XIV.—SYPHILIS.

Two months ago a respectable married man consulted me under the following circumstances. He had noticed a small pimple on the glands penis a week before, but had given it no thought. Having had no connection with any one from home, he thought pox out of the question. The pimples enlarged, and formed an indurated chancre, under which he was laboring when he came to me. His story was so improbable that I would not accept it until thoroughly convinced that he could have no object in deceiving me. I then enquired into his surroundings, and every thing that could offer a solution of the mystery. He had slept with no one but his wife, had washed with no one, nor used the towels after any one else. He remembered two or three weeks previous he had on visiting a neighboring city, sat down on a privy seat at a hotel. This was a clue to the whole mystery. Sitting on a seat where the virus from an infecting chancre had come in contact with the absorbients of the penis, the matter was taken up and conveyed into the system, producing a perfect syphilitic chancre—in fact as true a case of pox as ever was contracted from a female so affected. I applied the usual remedies of my practice, and by constitutional means hope to overcome the disease in a few months.

I do not profess to be able to cure syphilis in a few days, as some do, and if this is expected of me I shall not undertake any case. No physician can cure syphilis permanently in less than three months, if it has stood one week after contamination; and if it has continued a

month, from six to twelve months will be required to cure it and eradicate the poison from the blood.

CASE XV.

I was consulted some time in 1873 by a man who had every symptom of acute Gonorrhea. He stated that he had been married only a few months, and that he had had no connection with any woman except his wife, not only since marriage but for months before, and that he had every evidence in the world that she was as pure as woman as woman could be. I was somewhat at a loss to diagnose this case, but requested him to go to his wife and ask if she had ever noticed any unnatural discharge. Upon being interrogated she stated that for three or four days after each period she had a very acrid discharge that caused an itching, &c. Being of a scrofulous diathesis the poison was thrown off in this way, and hence the inflammation of the urethra.

CASE XVI.—FISTULA.

C. J., aged 25 years, consulted me in August, 1870. His case was a very peculiar one. Two years previous he had contracted a gonorrhea which baffled every mode of treatment, the discharge continuing with but little intermission for over twelve months. About this time an abscess formed in the perenium, (or space between the scrotum and anus) causing the most intense pain, and finally opening, left a fistula or canal, opening into the bowels. The strange feature of this case is, that as soon as the abscess began to discharge, the gonorrhea disappeared, as also the irritation in the penis. During the continuance of the fistula, if from any cause it closed up and did not discharge for some days, the itching and burning in the urethra would again appear, and would only be relieved by open-

ing the fistula. I commenced treatment mainly with a view to improve the blood, never attempting to stop the fistula until the system was thoroughly prepared for the change. In six months I had my patient well, fistula healed without the use of the knife, and he is well to the present day.

KNOW THYSELF.

In the preceding pages I have endeavored to give the reader some idea of the evil results of immorality, as shown in prostitution, self-pollution, &c. In doing this I have had to use plain language, and no doubt shall bring down upon my head the censure and condemnation of many who believe evil comes only from learning what evil is. This may be true, in some respects, but if with a knowledge of evil comes a knowledge of its punishments, then you have disarmed it of its power to harm those who properly understand it.

The clergyman, the teacher, the parent, who are ready to condemn this, must know that you can not make a being spiritually pure who is physically impure. The man covered with sores and scabs from syphilis, will not go into the society of the pure, because he knows they shrink from him in horror. Can you preach to such an one with any prospects of success? Would you dare eat and drink with such at the Lord's table? I must confess I would not, and take the chances of disease in the act. Then while you condemn me for trying to prevent sin, you are powerless to stop it, when once its victims have become diseased and degraded.

Ah ! says one, you appeal to their fears, and not to their moral courage. So I do, and most of those who teach appeal to no better part of the nature than fear. You urge them to love God, because if they do not love and obey him, then eternal condemnation and punishment await them. I urge them to shun vice because of its punishment here. Much of the disease and corruption of mind and body is due to that false modesty which would keep from the young a knowledge of themselves. None have a better opportunity to know the evil effects of secret habits than I ; and I should feel that I had not performed a duty assigned me if I did not warn its victims of the consequences.

We are, to a certain extent, creatures of circumstances and education. Who will attempt to say that an uneducated man stands an equal chance in the world with one of education and refinement ? Then if education goes so far to ensure the success of an individual in the ordinary walks of life, why should we withhold and deprive them of a knowledge that goes so far to insure their physical and moral welfare ?

At the risk of being termed quack, charlatan, &c.. I have penned these pages, and I have no doubt that while some condemn thousands will bless me for the same. Upon a knowledge of ourselves much depends. Can we condemn those who have never been taught? No, indeed, we are taught that to shun evil and do good is commendable, but if we are not informed what evils are, how shall we know how to shun them ? This much I have written in defence of my cause, and with a consciousness that I am doing a good work, I send this little volume forth, trusting that as "bread cast upon the waters, it may be gathered up many days hence."

SEXUALITY--The Origin of Love.

Disguise it as we may, there is no denying the fact that in early life sexuality, or the sexual desire, is the foundation of love in its true sense. Eunuchs never love the opposite sex—they are women haters. Females devoid of sexual passion never love as those in whom this feeling has its proper place. It is the passion—the principle—upon which the human race depends. Then why attempt to smother it and treat it as something that is evil, but rather encourage its legitimate enjoyment in the marital relation, and then we should have less of seduction and fornication than we do in the attempt to treat it as an evil that we must avoid, &c. The reasonable desire of the sex for each other is, as before stated, a divine attraction, and it is only in excesses and promiscuous indulgence that the evil lies. We have nearly an equal number of males and females, thus showing that for the well being of our race one woman and one man only should have sexual congress. Were it confined to this, and in legitimate channels, sexual disease would be unknown. I would not be understood as encouraging the gratification of the sexual passions except in the marital state, and then only within the bounds of propriety. Promiscuous intercourse, infidelity, &c., are the bane of the age, and their evil effects can not be sufficiently understood except in active professional life. Then, as sexual desire is the foundation of our existence, its legitimate indulgence is advisable, and in no way can this be effected except in early marriage, and *fidelity to the marriage vow.* I want it distinctly understood that I condemn all indulgence outside of this relation, and never prescribe it as a remedy for sexual debility in any other way.

COHABITATION.

A work on Sexual Science, by Prof. O. S. Fowler, advances the idea that cohabitation should never be indulged except for the purpose of producing offspring ; that when conception has taken place, no connection should be had until the child is one year old, or fit to be weaned. As to any man putting this theory into practice I am willlng to leave it for his wife to decide, and as they are generally right on most questions I am willing they shall be the umpire in this case If any sane man should propose to put this theory in practice he will find that it is not popular *at home.*

Human beings have certain natural desires, and as I have elsewhere stated they should be exercised in a legitimate way as often as the laws of health, prudence and physiology will permit. I am convinced that for healthy persons, once or twice a week is within the bounds of health, where the desire is equal to it. Fowler cites as proof the animal kingdom, as though men were endowed with no higher order of intelligence than the instinct of the beast. The animal creation co-habit when desire prompt, but man, the higher order of God's creation, has more frequent desire, and at the same time is endowed with the faculty of resisting or controlling this feeling.

Woman, after all, should be the umpire to settle the question as to frequency, and in most cases this will be a sufficient guide to keep the husband within the bounds of health and prudence. A man can not be forced—a woman never should be, as sexual intercourse against her will is no more than legalized rape.

But, says one, my wife never has any desire—then what

shall I do? Must I abstain altogether? In answer to such an one I will say, if your wife is fully developed, this want of sexual feeling is either an evidence of disease, or a feeling of disgust towards you. If the latter, you must learn her to love you, or seek a divorce, as you are only making both unhappy. If disease is the cause, then seek the advice of a physician who *can* remedy this defect. The law divorces any one from another that has not the sexual attributes. Why, then, compel those to live together in misery who have not the desire, or that submit only because they think it a duty? The offspring of such are not what they should be; nor indeed can any offspring be perfect in mind and body that are not the result of a love embrace.

Stick to your straight-laced notions as much as you will, there are scientific principles that govern even in the production of offspring—principles underlying our whole nature, a violation of which will tell in those who come after us. A drunken man may beget a fool. The feelings and passions that predominate during sexual congress have much to do in forming the individual. A child the offspring of mutual love and reciprocal feeling, will stand a fairer chance or inheriting those qualities than one the result of a happen so.

Oh! says one, this is freelove doctrine, special affinities, &c. I deny the charge, in so far as advocating promiscuous intercourse, or infidelity, but I do believe in free love in the purest acceptation of the terms. None should marry who do not love each other for their self alone, and of their own free will, without any other consideration. When this is the case, if the love is free and pure, we may look for the highest order of domestic bliss, and offspring superior to either parent in intellectual attainments. If

we had more of *free* love, and less of mercenary love, we should have more of domestic feeling and less of matrimonial discord.

ADVICE TO YOUNG HUSBANDS, OR THOSE ABOUT TO MARRY.

How much depends upon right management for the first days after marriage, only those who have experienced it can know. Be gentle, be kind ; undue haste—an exhibition of the animal over the intellectual passion or affection on the first night may, with some temperaments, make an impression that time can never efface. Behold what a great fire a small spark kindleth, and govern yourself so that you will never look back with regret. Undue haste is often the means of producing disgust, pain, and want of reciprocal feeling. Go slow—you have a lifetime before you, and rest assured that gentleness and affectionate consideration goes further with most females than most of us are willing to admit. A hint to the wise is sufficient.

Not long ago a young man—a friend and former patient of mine called on me for advice, as he stated, either as a friend or physician. He had been married a week without consummation, although desire on his part and capacity was equal to any emergency, but on the part of his wife repugnance and weeping was all that met him. Now, says I, you never started right. Don't lay hold and attempt to force a consummation, but gently draw her to your arms, caress and fondle, and talk of other subjects until by a natural drawing or reciprocal feeling takes the place of this dread and hands-off feeling. With this advice enlarged upon, he departed and came back a few days after to thank me for this bit of friendly advice. He had proceeded in a business-like manner, and was met in a spirit

the same ; or to say, if this is all you wanted with me I am disposed to disappoint you. You must woo stronger on the eve of consummation than at any time of courtship. if you expect to be met with a reciprocal feeling.

QUACK ADVERTISEMENTS.

The country papers abound in advertisements of designing men. The notices have as many taking heads as there are advertisers. "Avoid Quacks," "Nervous Debility," "Self Cure," "Impediments to Marriage," &c., &c., are among the style of headings to these cards. Some propose to send receipts or prescriptions free, but they always contain something you can get from no one but the advertiser. Some of them work upon the credulity of young men, get a full confession, and then send nothing in return for ten to twenty dollars. If you threaten to expose them, they will coolly refer to your letter, which they will expose, &c. Now there is no telling the amount of money that goes from the South annually to this class of quacks, and why ? Simply because the regular practitioners know but little of the treatment of sexual weakness, and often their prescriptions are calculated to do more harm than good ; and those who understand these diseases and mean well, have a natural timidity in advertising in competition with these humbugs.

To cure this class of diseases requires more time and a better range of remedies than regular practitioners possess, consequently they give but little thought to them, and

when applied to, treat them as mythical, or of very little importance. Regular text books, until very recently, are silent on these diseases ; and we find a Professor in one of the first Medical Schools in America stated to his class that Spermatorrhea was all a hoax—that an occasional emission was healthy, even if it did come in a dream ; and that the practice of masturbation was universal almost, and was no great injury.

Now with such teaching as this, how can the new fledged Allopath know how to treat Nervous Debility—a disease which he is taught exists only in imagination ? This Professor is possibly an isolated exception, but I do know that physicians, as a rule, are sadly wanting in a knowledge of these peculiar nervous derangements, and often treat them in a manner to add fuel to the already consuming fire. I have given this class of diseases much thought, and have treated perhaps as many cases as any man of my age; have been consulted by hundreds, and have a perfect right to know whereof I speak.

Perhaps the reader has been led to believe he would here learn what would cure him. In reply will say, I would have to give almost as many different plans of treatment as there are cases, and these in unprofessional hands, it would amount to almost nothing. The object of this work has been to point out the evil, and warn you against a practice that must eventually work out your ruin. If not carried too far, stop it at once, get a good vegetable tonic, and perhaps you will need no further treatment ; but if the vital powers are on the wane, and nature is not equal to the emergency, then apply to a skillful physician, who knows what he is doing. Do not let a sense of shame keep you from unbosoming yourself, but having sinned against your own body, first cease to do evil, and learn to

do well. Get your body, or all your organs, fully restored, and then see that you keep it free from the contaminating influence of self-pollution or illicit intercourse.

When the system has not suffered too much, the following as a tonic acts splendidly :

Poplar Bark, (of the root)	½ oz.
Golden Seal,	½ oz.
Peruvian Bark,	½ oz.
Gentian Bark,	½ oz.

Add the whole to a quart of good Holland Gin, shake well, and take a tablespoonful before each meal. Do not shake after the first twelve hours. In addition to this, keep the bowels regular, live on a nutritious diet, bathe the whole body frequently with warm salt water, if in winter, or cold water in summer. And where the night emissions are frequent and troublesome, sit for fifteen minutes in a tub of cold water before retiring. Avoid all exciting causes, or reading sensational novels, seek cheerful company, sleep on a mattress and between cotton or linen sheets. Avoid stimulants, and live temperate in all things, and you will, if of naturally stout constitution, require but little medicine in addition to the above tonic, and hygienic rules. We have many valuable remedies that act well, but as a rule they are such that require the advice of a physician in their use.

SUPPRESSION.

Some who do not desire offspring are in the habit of withdrawing, or otherwise preventing a free discharge of the semen in the act of copulation. A more injurious practice is hard to conceive, as it exhausts the system and weakens the seminal ducts more than most people are aware.

I have referred to the electricity or magnetic influence that predominates in the act of sexual congress of the sexes. When the semen is not discharged, it is like an electric shock applied to the body with no power to throw it off, consequently the shock becomes depressing, and produces nervous exhaustion, general weakness, trembling, &c., and if long continued will undermine the health of both male and female who practice it. It is simply Onanism in another form, and should never be resorted to. If you can find no other means of curtailing your family, you had better adopt the total abstinence rule, than to lay the foundation for consumption and nervous debility, which this will do if long continued.

DREAD OF OFFSPRING.

I must condemn in the strongest terms the foolish dread or repugnance manifested by some to having children. It is, to say the least, unchristian, and I might say, in some cases, inhuman. I admit there are many cases where offspring are not to be desired; from physical imperfection of the parent, incurable blood diseases, insanity, &c.; but where none of these exist, I confess I never have been able to see any just grounds for preventing offspring.

Some years ago I published a small pamphlet on this subject, and many, mistaking my position, have applied to me, when they could give no cause—only they did not want children. I would take occasion here to state that I give no advice to such, but refer them to the command, "Increase, multiply and replenish the earth." It is God's appointed way for peopling this earth; and none whose physical, mental and moral condition is such as to leave a reasonable prospect of bringing forth sound, healthy offspring, should attempt to prevent it. Some may with good reason desire to prevent having so great a number that they can not provide for; this they can prevent by a little precaution, and if they fail once in five years, they will not have more than they are entitled to.

Married men and women in this enlightened day will apply to a physician for medicine to produce abortion, and apply with as much ease as though they were asking for a simple prescription. Shame on all such! It is unnatural; and no wonder children born in spite of such should have hatred, malice, and if need be, murder, stamped upon their intellectual being. To all such I would say,

when you seek for means to produce abortion, you are seeking a murderous weapon to use against your own child, and a means that will undermine your own constitution, and sow the seeds of disease and death to your body, and eternal damnation to your souls.

I hope I shall be fully understood on this subject, and that while preventive measures are admissible, and a real necessity in some cases, yet they are few and far between, compared with the number who are in every way competent to bring forth offspring.

INFIDELITY OF HUSBANDS.

As this work is intended for the male sex alone, and as I have pointed out many of the causes of sexual debility, and diseases of the sexual organs, recommending early marriage as a preventive, I cannot forbear enjoining the strictest observance of the marriage vow. The risk of indulging in promiscuous intercourse is great, under any and all circumstances, aside from the immorality of the practice, and for the married the risk is double, as they not only lay themselves liable to disease, but their partners also, and in many cases the unborn child. It has been my province to prescribe for many married men thus diseased, and I regret to say, in many instances the wife also. Being in honor bound to keep silent, yet I have often thought how different it would be were parties reversed. You owe it to the woman, who, trusting you, has forsaken all others

and clings to you alone—you owe it to posterity—you owe it to yourself, to keep aloof from every indulgence of this kind.

One healthy woman is equal to any man, sexually, or at least can supply all that the laws of health will permit; and if she is sick, or her vital powers run down, your marriage vows bind you to abstain, and nurse her until restored. It may require a little self-denial—curbing of desire, but he is lacking in all that goes to make up the true man, who is not willing to sacrifice this much for the sake of the true and devoted wife. To do unto others as you would have them do to you, is the rule that should govern in this case, if no further.

Marry early, and keep your marriage bed undefiled. In this way you shall keep your soul from trouble, and save all risk of disease, and insure health and happiness in your domestic relations. Never marry without love and compatibility, and where this predominates, any sacrifice is easy—any self-denial can be made; and when passions shall have become blunted, and reason and mature years shall have taken the place of the impetuosity of youth, you can look back on a life well spent, and have no regrets that you have lived a virtuous life—but rather thank God that you have resisted all such temptations.

DESCRIPTIVE ANATOMY OF THE MALE SEXUAL ORGANS.

In a work of this kind, designed for the instruction of the male sex, a description of the organs connected with the generative functions, is almost indispensable. I will give a plain, common sense description of each organ, and the part they perform in the reproduction of our species. This would have been aided by illustrations but for the difficulty in the way of obtaining the cuts in this city in time for the publication of the pamphlet. Having treated solely of these organs in the preceding pages, I shall confine myself to a brief but accurate description of the same.

The importance of a healthy condition and proper performance of the functions of these organs, cannot be overated, as upon this, to a great extent, the health of body and mind depend. They are of admirable construction, wonderfully made. Their anatomy is sufficient evidence of the functions they were designed to perform, and convince us that they were made to *use* and not abuse. There is, I venture to say, no other organs of the body that excite our wonder and admiration of their machanism more than the urino-genital organs of the male. Perfectly adapted to the office they are to perform, and unequaled in the delicacy of their texture and the minuteness of their structure, all go to excite admiration, and this very peculiarity of their structure, make them liable to various diseases which will be found described in another part of this work.

The male organs of generation are divided into the ex-

ternal and internal. The former consisting of the penis, the urethra or canal leading from the bladder and opening at the end of the former, the scrotum and testicles. The scrotum is the sac membrane or pouch containing the testicles, or seed, as the common people term them. The internal organs consist of a portion of the urethra, the tubes arising from the testicles and conveying the semen to the seminary vesicle or receptacle. The prostrate and vence montamum in the prostrate region of the urethra and connecting with all the urinary organs, as the kidneys, ureters and urinary bladder.

The kidneys, the grand ennucitories of the body, are glandular bodies, whose office is to secrete the urine and uric acid from the blood, convey it through the ureters into the bladder, and then it passes off through the urethra. The kidneys are situated on either side of the spine, below the two last ribs, and behind the stomach and bowels, and outside of the peritonum or membrane that envelopes the bowels.

When a man is erect the right kidney is below the liver, and the left below the spleen. The right kidney usually lays a little lower, and is slightly larger than the left. The shape differs but little in man from those of the beast, which you have no doubt often seen.

The secretions of the kidneys may be to a great extent influenced by the emotions. For instance, fear will not only cause an involuntary flow but will increase the quantity in some men or children, and especially in dogs. I have met with patients laboring under stricture that would have their mind so constantly directed to their disease that they would have frequent calls to pass the urine, and a large quantity would be secreted. Whereas, when their mind was diverted from their disease they would have much less difficulty in this particular.

THE URETERS

Conveys the urine from the kidneys to the bladder. They are long hollow tubes, one on each side, passing downward and inward to the back and lower part of the bladder.

THE BLADDER

Is situated in the lower part of the body, or in the pelvis. It is of considerable size and admits of being distended to a much greater extent than any one not familiar with it would suppose. In man the bladder lies directly on the bowels, but in woman the womb lies between this organ and the bowels. It is oval in shape and is the receptacle for the urine. It is composed of three coats, one of muscular fibre, which enables it to contract and expel the urine.

THE PROSTATE GLAND.

This is a gland in shape and size resembling a chestnut. It lies below and behind the bladder, and directly in front of the rectum.

THE URETHRA.

This is a membranous canal, and extends from the neck of the bladder to the end of the penis. It is vascular elastic, and its membranes very thin and nearly transparent, without fibre, and within itself does not possess the power of contraction or relaxation. It is, however, provided with muscles that act in the expulsion of the urine, and the semen during copulation.

THE SCROTUM, OR BAG,

Is of skin, divided about the middle by a membrane forming two cavities in each of which a testicle is contained.

THE TESTICLES,

Or organs which secrete the semen, are of the most intricate construction of any organ of the human body. They are supplied with blood by long tenuous vessels which arise in the main arterial trunk, and are called the spermatic arteries. The blood thus conveyed to them serves for the elimination and secretion of the semen. This is effected by the peculiar power of the testicles, and gives those organs an importance and value second to no other secretory organs of the whole body. So much importance is attached to the proper performance of this function that men often commit suicide because of the imperfection. Men who have been castrated from any cause generally lose all energy, mope and die, even though every other function is perfect. The same results follow amputation of the penis.

Eunuchs are persons castrated before puberty, and before the desire implanted by nature, and which springs up at the age of puberty, has had a place in their mind. They of course are not so much affected, or subject to the same degree of depression, that men are who having once shared in the delight of sexual intercourse, are forever debarred ; yet they have a disgust of life from witnessing the enjoyment of others in this natural channel—a pleasure from which they are cut off.

Eunuchs never attain to full stature ; the voice is weak and feminine, resembling that of children ; the limbs are small, and the beard and whiskers do not appear, or if at all, are thin and scattering. Their mental faculties never attain to the vigor and penetration that belongs to the sex.

The testicles are generally two in number, one on each side, yet cases are met with where there is only one, and others where there are three, and one case I remember where there were four well developed but small testicles.

Those who possess an extra number are generally over-amorous, and soon suffer from excess, &c.

I have met with quite a number of cases where the testicles have not attained to full size, and where their power of secreting semen is wanting. This is generally the result of self-pollution before they have been fully developed. I have had one case in practice where a man at twenty-one had no longer penis and testicles than a boy of six or eight years. Such cases, except in idiots, are not beyond the reach of medicines, and it is worth a trial to attain the position of a perfect manhood.

Wasting or shrinkage of the testicles may occur at any age, usually retain their natural shape, but are soft and unelastic. The appearance of the testicles in this state is white, and the blood seems to be cut off from them ; the secretion, if any, is devoid of spermatozoa, or the life-giving principle in the healthy semen ; fatty degeneration sometimes takes place. This affects the spermatic cord, the nerves are shrunken, the blood vessels reduced in size, and some of them entirely obliterated, as also the muscles and organs become altered in shape, elongated and irregular, and diminished in size and weight.

Among the causes of this atrophy or wasting of the testicles, are imperfect circulation, local inflammation from whatever cause. Excesses and masturbation are prominent causes of wasting of the testicles. This is more fully described in another part of this work.

Injuries of the back part of the head sometimes cause atrophy, and sometimes it occurs without any apparent cause. Mumps are said to cause wasting of these organs, when from cold or other cause the irritation and inflammation is transferred to the testicles.

Phrenologists contend, and not without good reasons, that the sexual desire, or amativeness, is seated in the cer-

ebellum or back part of the brain; and the fact that blows or injuries of this part will destroy the sexual feeling, goes to prove the correctness of the position.

As before stated, the influence of the mind over amativeness, and amativeness over the mind, is so well established, that argument is superfluous. If this symptom or influence were better understood, we should often be able to trace insanity to its true source, and be better able to control it.

THE PENIS

Consists of a coovernous and spongy body, the latter terminating in the glands, enveloped in a loose fold of integument. The absorbients are numerous, terminating in the inguinal or glands of the groins. The spongy substance of the urethra, which forms the

GLANS PENIS,

Is covered with an exceedingly thin skin or membrane, under which are situated the very sensitive nerves, which are the chief cause of both pleasure and pain in this part. Sometimes the glands are not distended in the sexual connection, though the whole penis is at its highest state of turgescence. This is because they belong to the coovernous body of the urethra, and if that body be weakened or paralyzed for any existing or previous cause, we have a cause of impotency, which no treatment will remedy unless the cause is removed. Strong injections of caustic, &c., will produce this, and are to be avoided under all circumstances. Stricture, which is the result of the above, is another cause.

MALFORMATION OF THE PENIS.

We have met with one or two cases where the erective

muscles of the penis were contracted or so short that when rigid the penis looked downward, making sexual intercourse impossible. This can be remedied by a slight operation, but requires the aid of a physician.

PHIMOSIS.

This is an unnatural constriction of the foreskin, so that it cannot be drawn back over the glans penis. It may be so from birth, and if so, a division of the foreskin is necessary. If from disease, as is frequently the case, apply equal parts of tincture lobelia and belladonna, if there is no chancre. In case there is chancre, then it must be split at once.

PARAPHIMOSIS.

This is a condition when the foreskin, having been drawn back, constricts or tightens so it is impossible to replace it, thus acting as a cord, causing the penis to swell, and finally prevents the unrine from passing. As a remedial agent, tincture or ointment of belladonna is the best. If this fails, call on a physician at once. Various other derangements may exist, but they are rare and require medical attention.

Concluding Remarks on Venereal Disease.

In the preceding pages I have briefly alluded to the different forms of venereal disease.

Since that was prepared I have had so many cases that I have determined to give a more extended supplementary note of the worst form, Syphilis or Pox, with the different forms under which venereal ulcers appear.

As before stated, there are two species of Pox, the soft chancre, which is most painful, but less dangerous to the constitution ; and the hard or indurated chancre, which contaminates the blood, bones, muscles, skin and whole system. These two classes have each two distinct forms of venereal ulcer or chancre

The indurated, as before described, has raised edges and a depression in the middle. The second class of sores of this species is the malignant phagendic or corroding ulcer, without granulation, but a sore that gradually spreads, is painful, and eats away the parts slowly but surely ; generally encircled with a purple inflammatory ring, and for destructiveness is one of the worst forms that we meet with.

The third form is a kind of raised sore, elevated above the surrounding surface, and is seldom single, but often presents quite a number at a time. This is of the non-infecting kind but often run into a serious form of the fourth class, which is the painful sloughing ulcer of the non-infecting kind. This will be found more fully described under the head of "Syphilis," in another part of this pamphlet. The poison that produces syphilis is entirely different from that of gonorrhea. The former possesses a speci-

fic power of contagion which causes it to infuse itself through the whole system, and its progress is more certain and rapid.

In treating this disease, we must not only remove the local cause, but we must act upon the system to throw off the poison through the secretions, and eliminate it from the blood. We must open all the channels of egress acting upon the great secretory organs of the body. If we can discover the pimple in time, and apply caustic potash, we may effectually control the disease, providing absorption has not taken place; but the absorbents of the genitals are so numerous and active that often the virus is taken up in the system, and permeates the whole body ere much local irritation is manifested.

These sores usually appear on the genitals, but they may appear on any part of the body invested with mucous membrane, as the lips, nostrils, &c. The irritation of these ulcers on the glan frequently produces a sympathetic effect of the urethra, and then we have venereal gonorrhea. The testicles and scrotum are often severely affected. If the ulcer is limited to the external surface, the progress is slow, but if deep-seated the destruction is rapid and mortification sometimes ensues.

The venereal poison from the former classes of ulcers is generally conveyed to the glands of the groins, and if of the third or fourth class, we have buboes, or suppuration of the glands, which, if not opened, will eventually break, and discharge, it may be, for months. If of the first or second class, then we have enlargement without suppuration, and the poison is taken up and communicated through the whole system by means of the circulation. The blood once thoroughly contaminated, the solids of the body are soon involved, and muscles, bone, and every part of the frame show traces of the poison. The course

of constitutional syphilis is about this: First, buboes in the groins; then as evidence of the muscular and nervous system being involved, we have pains in the head, joints of the shoulders, arms and ankles, scabs and scurfs in various parts of the body, sometimes resembling leprosy. The symptoms continue to increase, especially the pains, which grow more intense day after day. Moles or knots and ridges arise on the skull, shin-bones and bones of the arm, constant pain and irritation brings on inflammation and caries, or decaying of the bones ensue, producing terrible sloughing, and offensive malignant ulcers seize different parts of the body, generally commencing with the throat, extending to the palate and nose, destroying the cartilage. The skin about the breast and neck are now covered with purple or yellow splotches, itching tetters, chaps or cracks in the hand, accompanied with terrible itchings and a discharge of thin fluid. Husk or scales appear on the skin on the forehead and temples, and often extend in strings or rows up into the hair. The hair falls from the head and from all parts of the body where it grows. The nails become uneven, thick, and often ulcerate and drop off. The mouth and throat become infected, hot painful and ulcerated, with slimy looking ulcers, fœtid breath, the palate often entirely destroyed and hangs in pieces, the upper and back parts often present one mass of ulceration. The lining of the nose is involved, the voice becomes hoarse and feeble, and swallowing becomes quite difficult, and if the disease progresses, the nose is entirely destroyed, and disgusting ulcers take the place of that organ. The bones continue to inflame and decay, and sometimes become soft and brittle.

I might fill page after page, and yet not tell all the horrors of this loathsome disease. True, we do not see many

extreme cases in the country, and often though met with, the nature and cause is unknown to the masses. Many indolent ulcers and cancerous diseases are due to this cause. The extent of the prevalence of this disease is unknown to any but the medical profession. Its rapid increase and its deplorable effects upon the rising generation are so apparent that it is time measures were taken for its prevention. If moral suasion and religious teaching will not suffice—and time has proved they will not—then let us have laws so framed that prostitutes shall not spread the contamination under penalty of a life imprisonment, or transportation, or some other adequate punishment.

Provide for licensing and inspection, and disease can be in part controlled. What efforts are made to prevent the spread of small-pox? Yet here we have a pox more destructive, more cruel in its ravages than even this loathsome disease; because the one disfigures the face for life, and the other poisons the blood, and is transmitted from one generation to another.

Much of the deplorable effects of syphilis is due to the mercurial treatment. Physicians will propose to treat and cure syphilis in a few weeks, and by active application of mercury, internal and local, they to all appearance, cure the disease. In a few months the constitutional symptoms begin to appear, and the poor victim has both mercury and venereal poison to contend with.

I venture to say no case of pox can be permanently cured in less than six months after it has once become constitutional. Many resort to mercury, hot springs, sulphur baths, &c., in the vain hope of speedy relief, and they may get it for a time, but the disease soon reappears, and they are worse than before.

We have in the vegetable kingdom remedial agents that will overcome this disease, and if in its primary stage we can arrest it in a very few days, and cure it in a few weeks ; but if the secondary form, six months' treatment, under favorable circumstances, will effect a cure; but if in the tertiary stage, then twelve months or more will be required to cure it.

I do not solicit this class of practice—do not want it ; yet I am compelled to treat many cases of constitutional syphilis before I can relieve apparently different diseases, but which are in fact the result of venereal poison. Willing at all times to do all I can to relieve suffering, I of course treat all curable cases, furnish the very best of medicine and advice, and give full instruction for the successful treatment of the case at your own home.

No case will be taken upon any other than the terms mentioned on last page of this pamphlet, and those writing me will save time and trouble by making a note of this. I am permanently established, have a name and reputation at stake, and shall deal fairly with all ; keeping all letters or personal consultations strictly confidential.

I want to impress upon my readers the importance of applying early. In no case will I undertake a case unless I feel I can cure or benefit to the worth of the fees demanded. My whole life and energies are devoted to the alleviation of suffering, and neither pains nor expense are spared to effect a cure in every case.

Venereal poison can be eradicated from the system, if we take hold with sufficient amount of faith and perseverance. This is much easier accomplished if the patient has not been subjected to mineral or mercurial treatment.

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full, seal your letters well and address them plainly either to myself or merely to "The Eclectic Dispensary, No. 53 Broad street, Atlanta, Ga." Answer the questions laid down under the head of "Important Notice," and a clear diagnosis will be given, as also a candid opinion as to what can be done for you.

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3d. Sex.

4th. Complexion, color of hair and eyes.

5th. Weight.

6th. Number of inches around the chest just under the arms.

7th. Married or single, and if married, how long ?

8th. Have you children ?

9th. Are they healthy ?

10th. Have you suffered from venereal disease ? If so, give name and nature, present symptoms, and all information you can under this head.

11th. Have you been doctored much ?

12th. Have you taken much calomel, blue pills, or mercury in any form ?

13th. Have you ulcers or sores ?

14th. Were your parents related ?

15th. Have you committed excesses, indulged in masturbation, or to a great extent with the opposite sex ?

16th. Is your family consumptive, &c. ?

Allow me again to assure you that all communications will be strictly confidential, and all correspondence destroyed as soon as answered. Address all letters plainly, either to

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INDEX.

INDEX.

PAGE

Onanism, or Masturbation..... 7
Diseases produced by Masturbation..... 17
Prostitution—its Effects..... 23
Marriage—At What Age 42
Know Thyself..... 59
Sexuality—The Origin of Love..... 61
Cohabitation 62
Quack Advertisements..... 65
Suppression 68
Dread of Offspring 69
Infidelity of Husbands..... 70
Descriptive Anatomy of the Male Sexual Organs..... 72
Concluding Remarks..... 79

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